

Swimming Lesson Registration

The Garden City Recreation Department will be conducting Children’s swimming lessons for Village residents at the Adelphi University Swimming Pool in Woodruff Hall on Saturday mornings. **Your child must be six years of age by the start of the program** to participate. This 10 week session will begin Saturday, December 15, 2018. Classes are taught by Red Cross Certified Instructors. The cost is \$120.00. **To register, please bring this form and a check to the Recreation and Parks Department at 108 Rockaway Ave.**

Level 1 – Introduction to Water Skills

Level 2 – for children who have taken a lesson but need to learn fundamental skills

Level 3 – will build on fundamental skills by providing guided practices

Level 4 – Develops confidence in the strokes learned and improve other aquatic skills

Level 5 – Provides further coordination and refinement of strokes

Level 6P – Personal Water Safety - stresses survival floating, treading water, swimming in clothes, etc.

Level 6F – Water Fitness – sessions will cover learning training techniques, how to use fins, kickboards, pace, clock, etc.

Classes offered are as follows -

			CODE
10:00 am	Level 1	(10 maximum)	10-1
10:00 am	Level 3	(10 maximum)	10-3
10:00 am	Level 4	(10 maximum)	10-4
10:00 am	Level 6F	(12 maximum)	10-6F
11:00 am	Level 2	(10 maximum)	11-2
11:00 am	Level 3	(10 maximum)	11-3
11:00 am	Level 4	(10 maximum)	11-4
11:00 am	Level 5	(10 maximum)	11-5
12:00 pm	Level 3	(10 maximum)	12-3
12:00 pm	Level 4	(10 maximum)	12-4
12:00 pm	Level 5	(10 maximum)	12-5
12:00 pm	Level 6P	(12 maximum)	12-6P
1:00 pm	Level 2	(10 maximum)	1-2
1:00 pm	Level 3	(10 maximum)	1-3
1:00 pm	Level 4	(10 maximum)	1-4
1:00 pm	Level 5	(10 maximum)	1-5

Please make selections carefully as fees are not returnable.

2018 ADELPHI SWIM LESSONS – Cost \$120

NAME _____ DATE OF BIRTH _____

ADDRESS _____ TELEPHONE _____

FIRST CHOICE(code) _____ SECOND CHOICE(code) _____

My child has my permission to attend the swim program described above. I certify that my child is in good health and able to participate. I understand that there are risks associated with participating in these activities and hold harmless the Inc. Village of Garden City, its officers, agents, and employees.

Parent/Guardian Signature _____

Please make all checks payable to “Inc. Village of Garden City”.